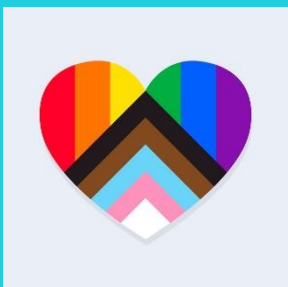


Petaluma Senior Center

MAY 2023

NEWSLETTER



Open Monday – Thursday

8:00 am – 4:00pm

211 Novak Drive

(707) 778 – 4399

parksnrec@cityofpetaluma.org

CLOSED

MONDAY MAY 29



PSC May Events



MAY the Fourth (be with you) Star Wars Day

Movie Marathon

9am - Star Wars

11:15am - The Empire
Strikes Back

1:30pm - Return of the Jedi

PSC Library*Popcorn * Candy



National

Scavenger Hunt Day

May 24th 10am - 2pm

**Grab a PSC Scavenger
Hunt page (at the front desk)**

- Answer the trivia questions on the sheet.
- Complete and turn in to the front desk for a chance to win a prize!



Fun May National Holidays



at the PSC



Mon May 1st – May Day / **Lei Day** - visualize being in tropical warm weather

Tue May 2nd – Teacher Appreciation Day – **Come to the Petaluma Garden Club Pop-Up Sale (12-3pm) and buy your favorite teacher a plant!**

Wed May 3rd – International Wild Koala Day



Thu May 4th – Star Wars Day (May the 4th be with you)

Star Wars 9am, The Empire Strikes Back 11:15am, Return of the Jedi 1:30pm – **Popcorn & Candy!!**

Mon May 8th – National Animal Disaster Preparedness Day (make sure you have a copy of your pets vaccination records, medications, collar with tag, and food in case of emergency)

Tue May 9th – **Butterscotch Brownie Day** (10am – 2pm)



Wed May 10th – Clean Your Room Day

Thu May 11th – Twilight Zone Day



Mon May 15th – **Chocolate Chip Day** (10am – 2pm)



Tue May 16th – Do Something Good for your Neighbor Day/ Wear **Purple** for Peace Day

Wed May 17th – International Day Against Homophobia/Transphobia/ and Biphobia

Thu May 18th – **I love Reese's Day** (10am-2pm)



Mon May 22nd – **Vanilla Pudding Day** (10am – 2pm) & Harvey Milk Day

Tue May 23rd – Lucky Penny Day & World Turtle Day



Wed May 24th – **Scavenger Hunt Day** – Do the PSC Scavenger hunt & enter to **win a raffle prize.**

([Get your scavenger hunt map at the front desk](#))

Thu May 25th – Sing Out Day



Mon May 29th – **Senior Center is CLOSED for Memorial Day Holiday**



Tue May 30th – Creativity Day – try something new!



Wed May 31st – Meditation Day

MONDAY

Pool - 8:30am - 4:00pm

Quilting - 9:00am - 4:00pm

Writing Group - 10:00am - 12:00pm

Parkinson's Connect Class - 2:00pm - 3:00pm

Function Balance with Maureen - 3:00pm - 4:00pm



TUESDAY

Walking Group - 7:45am **Sharp**

Pool - 8:30am - 4:00pm

Knitting - 9:00am - 11:30am

Chess - 9:00am - 12:00pm

Scrabble - 10:00am - 12:00pm

Duplicate Bridge - 12:00pm - 4:00pm

Fall Proof Balance Classes

10:00am - 11:00am - for unsteady/device assisted participants

11:00am - 12:00pm - for more steady participants

Conversations on Aging - 10:00am - 11:30am **(May 23rd)**

Current Events Discussion Group - 12:00pm - 2:00pm

Ping Pong - 12:15pm - 1:15pm

Tech Help with Rich - 2:00pm - 3:00pm **(May 9th)**



WEDNESDAY

Pool - 8:30am - 4:00pm

Gentle Yoga - 9:00am - 9:45am

TOPS - 9:30am - 11:30am

Mahjong (Beginner's Welcome!) 10:00am – 11:30am

Hearts - 11:30am - 1:30pm

What's Your Story - 12:30pm - 1:30pm (May 10th & 24th)

Happy Crafts with Bonnie – 1:00pm – 3:00pm (May 3rd)

Look Club – 1:00pm – 2:00pm (May 31st)

Mexican Train Dominos – 2:00pm – 4:00pm

Widows Connect! - 2:00pm – 3:00pm



THURSDAY

Walking Group – 7:45am **Sharp**

Pool - 8:30am - 4:00pm

Pinochle - 10:00am – 12:00pm

Listening Bench Drop-In Hours – 10:00am – 12:00pm

Sit 2B Fit - 10:15am – 11:30am

Discussion Group - 11:30am - 12:30pm

Meditation - 12:30pm - 1:30pm

Ping Pong – 2:00pm – 3:00pm (NEW DAY starting May 11**)**

Community Law Consultation - 10:00am – 12:00pm (May 4th)

Computer Club – 12:00pm – 1:30pm (May 25th)

Book Club - 12:30pm – 2:00pm (May 11th)

Wise Women Circle – 2:00pm – 3:00pm (May 25th)



PETALUMA SENIOR CENTER ACTIVITIES

Petaluma Garden Club Pop-up Plant Sale

at the Petaluma Senior Center

Tuesday, May 2nd 12pm – 3pm

Organic vegetables
Perennials & Annuals
Succulents
Houseplants
& More!!



All plants are grown and nurtured with the expert skills of our members. The Petaluma Garden Club supports the PEF and SRJC Scholarships and donate Plant sale proceeds to many non-profit organizations. Petaluma Garden Club members also donate their time and skills to beautify Petaluma!!

NEW!!

Fall Prevention and Bone Health

Presenters: Erica Wong, PharmD and Kenny Huynh, PharmD

PGY1 Pharmacy Residents, Kaiser Permanente Santa Rosa

Program description: This class will review key points on osteoporosis, maintaining bone health, and preventing falls.

Learning objectives:

1. Define osteoporosis
2. Discuss dietary and supplement recommendations for healthy bones
3. Recognize what can increase the risk of falls, including medications
4. Learn tips on how to prevent falls
5. Review treatment options for osteoporosis

Date/Time: Wednesday 5/10/23 12-1pm in the Recreation Room



Happy Crafts with Bonnie!

Wed. May 3rd at 1pm

This month's craft:

Felt Succulents

R.S.V.P. at the PSC Front Desk

(707) 778-4399 no charge



Elder Law Program

Free legal help with:

- Restraining orders related to abuse
- Landlord/Tenant issues (subject to referral)
- Simple Wills (for estates less than \$184,500)
- Powers of Attorneys/Advance Health Care Directives
- Appealing reduction/termination of SSI or SSDI
- Probate Conservatorship issues (under limited circumstances)
- Probate Guardianship issues (under limited circumstances)

COME TO OUR OFFICE!

144 South E Street, Ste. 100, Santa Rosa, CA 95404

MON	TUE	WED	THU
9:15-11:30am	9:15-11:30am	9:15-11:30am	9:15-11:30am
1:15-4:00pm	1:15-4:00pm		1:15-4:00pm

Closed Wednesday Afternoons and Fridays



Potential clients must first go through our intake process, either in-person at our Santa Rosa office or over the phone, before meeting with an attorney.

*We can only assist individuals directly; not through friends or relatives.**
*unless there is a valid Conservatorship or Power of Attorney in place

Most legal services cannot be completed same-day (follow-up appointments may be required).

We offer flexible appointments!

If you cannot come to our office, we offer phone appointments or can even come to you, just call our Elder Law Line:

(707) 340-5610



Monday, May 22nd at 10am
PLEASE CALL (707) 340 – 5610
To make an appointment

PETALUMA SENIOR CENTER ACTIVITIES



Sign up for a library card!
Check out books, movies, and more!

Regístrese para obtener una tarjeta de
la biblioteca. Tomar prestados libros de
la biblioteca.

Tuesday, May 9
10:30 - 11:30 AM
Petaluma Senior Center
211 Novak Drive



Books, Wi-Fi, *¡Libros,*
and more *WiFi y más*
on board! *a bordo!*



sonomallibrary.org/bibliobus

INTRODUCING



PD-Connect® **Exercise Class** **in Sonoma County**

Mondays at Petaluma Senior Center,
211 Novak Drive, Petaluma, CA 94954
2:00pm-3:00pm PST



WITH
DR. MAUREEN ROHLWING

Founder of Wired Therapy and Wellness
Board Certified Neurological Specialist
Certified Stroke Rehab Specialist
LSVT BIG Certified Parkinson Coach

For More Info Please Call (415) 598-8709
or email Maureen@PD-Connect.org

Have you been diagnosed with Parkinson's Disease?
This class is for you!

TECH HELP **with Rich!**

Tuesday, May 9th at 2pm
At the Petaluma Senior Center



Ask for basic technical help for your
cellphone, laptop, or tablet from
our newest Petaluma Volunteer Instructor
Rich

RSVP at the PSC Front Desk or call
(707)778-4399

Space is limited!

JOIN THE **PETALUMA GARDEN** **CLUB**

The purpose of this Club is to:

- Create a wider knowledge of plants.
- Increase and stimulate a general interest in gardening.
- Beautify the community.
- Organize programs and exhibits that shall be both educational and inspirational to all its members.

NEW MEMBER MEETING

THURSDAY, MAY 4TH AT 1:30PM

Petaluma Senior Center - 211 Novak Drive

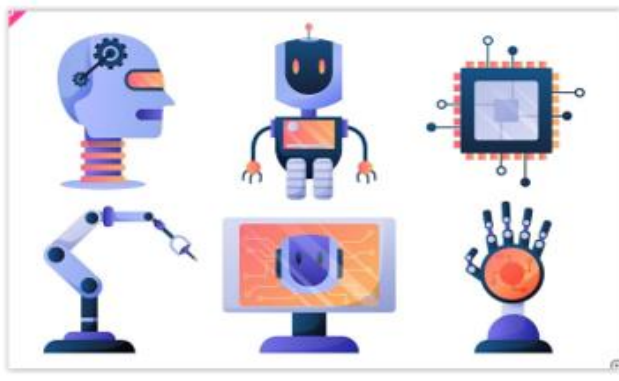
PETALUMA SENIOR CENTER ACTIVITIES



The Computer & Smartphone Club Meeting
Thursday, May 25, 12:00 Noon
At the Petaluma Senior Center

Artificial Intelligence (AI)

- What is it?
- Where do I get it?
- Is it dangerous?
- Data Privacy and Security
- The Potential
- Is it really smarter than humans?



FUNCTIONAL NUTRITION

Wed. May 31st at 2pm

Practical Applications & Aids

1) Digestion - Where it all begins...
Nourishment, Communication, & overall Gut Health

2) Protein, Fats (both "Essential!") & Carbs
- Balance, from 'vegan' to 'paleo' and "individual variation"

3) Global Perspectives vs. more 'local' practices & belief systems

4) Communication between brain & gut, & how the former benefits from (balance) in the latter (integrated 'feedback')

5) Best food sources for nourishment, vitamins & minerals, day & night..

6) Sensible use of Nutritional & Herbal Supplements, Teas, & Extracts

Dennis Zerbo, M.A. State-Certified Nutrition Educator/Consultant & Herbalist

R.S.V.P. by
May 25th



PETALUMA SENIOR CENTER ACTIVITIES

Conversations on Aging

Identifying Goals, Wishes and Well Being

Tuesday, May 23 10:00 am -11:30am

Being prepared has its benefits. Western culture has made an unconscious decision to talk about end of life wishes only when necessary, usually only when a crisis occurs. Let's remove the taboo of conversations about End of Life and have those conversations just be another part of life.

Everyone deals with this in their own way & in their own time frame.

Take the time and ask yourself what truly matters to you?

Do you see life as a spiritual experience as well as a physical experience? What rituals are important to you?

What legacy will you leave?

How do you want to prioritize your time when you are in your final chapter

SHARON ZIFF, RN

- As a Hospice Nurse for 12 years at Memorial Hospice,
- Sharon Ziff, RN, learned about death: the importance of preparations; and dying with dignity from her many patients. Upon retirement, Sharon was certified in the specialized program, "Authentic Presence: Contemplative Care for End-of-Life Practitioner."
- Sharon is wholly committed to helping her community gain knowledge to best prepare themselves and their loved ones for a good "final chapter" and how to face death with dignity.
<https://letsspeakaboutdeath.com/>

We **need** Players for

Classic Poker

Mondays 11am

Sign up at the PSC Front desk

or call (707)778-4399



Widows Connect!

Ladies Social Club

Wednesdays 2:00pm - 3:00pm

Make new friends & connect with other widows

- Attend Local Events
- Dine Out
- Travel
- Charity Projects

Enjoy good company & good times!



Community Law Clinic

Community Law Clinic is a low- cost elder law clinic and Alternate Dispute Resolution Firm. Seniors are never turned away for lack of funds.

We are mobile. We do home visits.
We can travel throughout Sonoma County.



Our services include:

Elder Law * Trust / Estate Planning *
Tenant Protection* Elder Abuse *
Grandparents Rights* Pet Trust *

Canine Support Available 🐾🐾

Drop in for free counsel at the Petaluma Senior Center

Thu. May 4 & June 1



10 am -12 pm

Or Schedule a free consultation/mobile visit

(707) 789-5336

Communitylawclinic.ca@gmail.com

<https://www.communitylawclinic.com/>

PETALUMA SENIOR CENTER ACTIVITIES

CURRENT EVENTS

DISCUSSION GROUP



Tuesdays 12pm – 2pm



Hosted by Tony Sacramento

Come discuss an issue you
can't stop thinking about -
local, global, & celestial!

All views are treated with civility
and respect.



Learn Meditation with Zoe!

12pm Thursdays

If you would like to join our
Meditation Group, Zoe will
teach you the basics first.

Meditation Group begins at
12:30 Thursdays



Are you afraid of falling?

Do you feel unsteady on your feet?

FALL PROOF!

Balance & Mobility Class

Tuesdays

10am – 11am For those very unsteady or that use an assistive device (cane/walker)

11am – 12pm For higher level participants who don't need an assistive device

**Fallproof! is a clinically proven, structure-based exercise class
designed to improve balance, mobility, and posture.**

Studies show that balance/mobility training can be instrumental in preventing falls in older
adults. Many falls can be prevented!

1st Class is free, \$10 per class after that Scholarships/Partial payments are available upon request

Classes are modifiable to fit most fitness levels.

Please stop in and observe a class and see if its right for you!

Questions? Contact Michelle Machado, Fallproof! Instructor

(707) 529-1511



PETALUMA SENIOR CENTER ACTIVITIES

What's your story?

DISCUSSION GROUP

Weds - May 10th & 24th 12:30pm - 1:30pm

Petaluma Senior Center

Share your impromptu stories of your life, amongst a supportive group of listeners, in a relaxed and fun setting.



Cara Wasden has been a Toastmaster for the past 17 years and has learned how to confidently share her passions with others through humor, humility, and honesty. For the 5 years prior to the pandemic, she volunteered her time meeting with folks at Sunrise Senior Living, and now she's excited to meet with you and hear your stories.

Sit 2B Fit

Join us for this fun class where you can exercise with a chair either seated or standing.

This class will help give you increased flexibility, tone your muscles, elevate your heart rate, strengthen your body, and maintain balance.

Every Thursday

10:15am - 11:30am

6, 13, 20, 27



MAHJONG



Players Wanted

WEDNESDAYS

10am - 11:30am



Beginners welcome/ Pros welcome



Functional Balance with Maureen



Physical Therapist, DPT, NCS, CSRS

Mondays

3:00pm - 4:00pm

Stay Strong & Improve Stability while practicing balancing exercises you can use everyday!

<https://wiredtherapyandwellness.com/team/wiredtherapy@gmail.com>

My name is Maureen and I am the founder of Wired Therapy and Wellness. I received my undergraduate in 2009 and then doctorate degree in 2011 in Physical Therapy at Saint Louis University. I have practiced in all different types of settings for therapy including inpatient rehab, skilled nursing, home health, acute hospital care, and at an outpatient clinic over my 10+ years as a therapist. My passion is neurology! I became a board certified specialist in neurology in 2020.

Scrabble

Tuesdays
10am - 12pm



PETALUMA SENIOR CENTER ACTIVITIES

WANTED

Mexican Train

Domino Players

Wednesdays

2:00pm – 4:00pm



Writing Group

Mondays

10:00am – 12:00pm

"Whether it's memoir, fiction or poetry, Fran Posner will guide us on our writing journey with instruction, feedback and support from all members of the group."

As novelist and teacher Elizabeth George says, "Write Away!"

DISCUSSION GROUP

THURSDAYS AT 11:30 am

Engage in lively & interesting conversations. Topics are wild, serious, funny, and unique. All are welcome to bring opinions & views and join in!

New members welcome!

A Wise Women's Circle

May 25th & June 22nd at 2pm

Share life's gifts, surprises, and challenges of the aging woman in a warm and nurturing atmosphere.

Connect on balancing emotional, physical, mental, and spiritual health, while making new friends and enjoying the wisdom that goes with getting older.

Issues of older women may include memories, senior living, adult kids, sexuality, loneliness, personal growth, caretaking, widowhood, end of life, what matters & more.

4th Thursday each Month - 2pm

JOIN THE PSC BOOK CLUB!

Thursday,

May 11th

12:30pm – 2:00pm



May Selection:

A Tree Grows in Brooklyn

By Betty Smith

Read for June

The Summer I Dared

By Barbara Delinsky

PETALUMA SENIOR CENTER ACTIVITIES

WALKING GROUP

Come join in some exercise & friendly conversation during a level ground 2-mile walk, 1 hour duration

7:45am SHARP Tuesdays & Thursdays
at the Senior Center,
Back Parking Lot



March - Ned 2023 April - Bob
Pool Tournament Champions!

TOPS- Taking Off Pounds Sensibly



Wednesdays 9:30am – 11:30am

We monitor our exercise, discuss lifestyle changes, and support each other maintaining good health in a welcoming atmosphere. Join us!

Pool

MON-THU

8:30am – 4:00pm

Everyone is welcome &
we are looking for
more players of all
levels

Join Us! PLAY HEARTS

make friends • have fun • we'll even help you learn the game

**Wednesdays
11:30 – 1:30**

at the Petaluma Senior Center

More Info? email:
Swartzjason301@gmail.com

**MORE
PLAYERS
WANTED!!**

WANTED:



More players for Ping-Pong
Tuesdays 12:15pm – 1:15pm

New - Starting 5/11

Thursdays 2pm – 3pm

PETALUMA SENIOR CENTER ACTIVITIES

SENIORS LOOK CLUB

Wednesday May 31 at 1:00 PM - 2:00 PM

What's Going On In This Picture? What do you see that makes you say that? What more can we find?



Are you interested in stretching your powers of observation and imagination?

Do you enjoy open-ended, lively discussion where there are no wrong answers?

Join us at the Petaluma Senior Center for "Seniors Look Club", a new way of looking at and talking about art.



May Coloring Contest

Pick up a coloring sheet in the PSC Front Desk

Turn in by May 29th & enter to win a prize!

GENTLE YOGA with Chair



Wednesdays, 9:00am – 9:45am

\$5 per class

45-minute gentle yoga class with option for a chair. Stretching and movement, done slowly & deliberately, often seated on the floor on a yoga mat or in a chair.

- Improve flexibility & balance to help prevent falls as we age
- Strengthen and stretch your muscles
- Protect your bones by doing weight bearing yoga poses
- Focused, mindful breathing to reduce stress & anxiety
- Yoga June promote better sleeping

Nobody will be turned away if they cannot pay the \$5 fee.

About the instructor: [DeniseElfenbein](#)

BOCCE BALL

9:30am - 10:30am

**New Players
Welcome to join
in the fun on
Fridays**

AT Leghorn Park

**690 Sonoma
Mountain Parkway**

ACTIVITIES AT THE PETALUMA COMMUNITY CENTER

Fitness & Strength Training

Mondays and Fridays 12:30-1:30pm
\$5.00 drop in.

Petaluma Community Center
320 N McDowell Blvd

Diana's class focuses on cardiovascular and muscular strength and endurance, balance, coordination, and posture in a supportive environment while seated or standing.

ZUMBA GOLD

Ages 55+

Mondays and Fridays
11:00am - 12:00pm
Petaluma Community Center
320 N. McDowell Blvd
\$5/class
First class FREE!



TAI CHI

Mondays & Wednesdays
10:00am Petaluma Community Center

Sign up through the
SRJC Older Adults Program



<https://older-adults.santarosa.edu/join-class>

Earle Baum Center

Vision Support Group

PETALUMA COMMUNITY CENTER

Every 3RD Tuesday of the Month

10:00-12:00 ACTIVITY ROOM

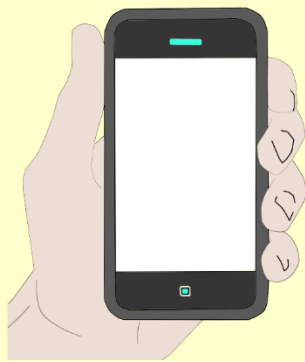
Our informal group is open to all who are interested in learning about our training and services at no cost. Everyone is encouraged to share their experiences in a friendly atmosphere. We discuss topics related to sight loss: low vision aids, independent living skills, assistive technology tools including smart phones, tablets, GPS and more.

Earle Baum Center's mission is to provide hope and opportunities for people with sight loss to improve and enrich their personal, social, and economic lives.

Patricia Jefferson- Vision
Educator/Instructor
jefferson@earlebaum.org

(707) 479-8321



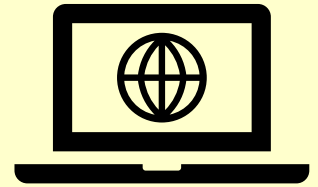


Need Tech Help?

Thursday, June 8th

5:00pm - 6:00pm

Petaluma Community Center



Hello Senior Center Members,

I am a Petaluma resident and Junior in High School with a deep interest in science and technology.

Over the past 10 years, I've been building, rebuilding, repairing, and programming computers in my spare time and am also the controls lead (head programmer) on my high school robotics team. Through all these experiences I've developed an ability to troubleshoot technology problems of all kinds, which I'd now like to use to help members of the senior center solve their technology issues.

Starting in November, I'll be offering **free** tech support clinics on the second Thursday of each month.

I can work on Macs, PCs, android phones, iPhones and all tablets —pretty much any device you have and can bring with you.

I look forward to meeting you! - Eli



**SANTA ROSA
JUNIOR COLLEGE**

OLDER ADULTS PROGRAM
Offers FREE ONLINE courses

Find course offerings in:

- **501 Creative Arts**
- **Autobiographical Writing**
- **Discussion groups include history, language, healthy living, improvisation and more!**
- **Fitness**
- **Music**

SRJC offers noncredit courses for seniors as part of its goal to provide lifelong learning.

- For information on joining a class please visit: <https://older-adults.santarosa.edu/join-class>
- No age limit for Older Adults Program courses, though they are tailored for seniors.
- Students may register at any time during the semester.
- No fee for Older Adults Program courses.
- Contact Instructor for enrollment details. Select class section number for instructor email address.

The Sonoma County Junior College District does not discriminate on the basis of race, religious creed, color, national origin, ancestry, ethnic group identification, physical disability, mental disability, medical condition, genetic condition, marital status, sex, gender, gender identity, gender expression, genetic information or sexual orientation in any of its policies, procedures or practices; nor does the District discriminate against any employees or applicants for employment on the basis of their age. This non-discrimination policy covers admission, access and treatment in District programs and activities--including but not limited to academic admissions, financial aid, educational services and athletics--and application for District employment. The Sonoma County Junior College District is an equal opportunity employer.

The Listening Bench

- A Place for Seniors to be Heard in a safe and confidential environment.
- Volunteers 55 and older who are trained in active listening skills.
- “Drop-In” to the Listening Bench Thursdays from 10am – 12pm at the Petaluma Senior Center – 211 Novak Drive.
- To make an appointment for an alternate time call (707)778-4399.



Coming in June

Bring some **color** to your life!

Learn to

Tie-Dye

with Linda

Tuesday, June 13 at 2pm

Linda Speel is an accomplished and talented

Tie-dye artist who will teach you some basics – **all you need to bring** is a **damp**

WHITE 100% COTTON PRE-WASHED T-SHIRT

R.S.V.P. by June 6th at the PSC Front desk. (Space is limited)

Wear old clothes that can get stained.

AFTERNOON WALKING GROUP

MEMBERS WANTED

For more info go to
the PSC Front Desk

Happy Crafts

with Bonnie!

Wed. June 7th at 1pm

This month's craft:

Dreamcatchers!!!

R.S.V.P. at the PSC Front Desk

(707) 778-4399 no charge

At the Petaluma Senior Center!

Jazz in June

Wednesday, June 7th

12pm – 2pm



Gino's Jazz Band

Live Music

Americana Refreshments

Petaluma Senior Center – 211 Novak drive

Honoring

Joe "the Butcher" Graveman's

100 Birthday!

\$5 Contribution

R.S.V.P. by June 5th

Space is limited.

VOLUNTEER OPPORTUNITIES

NEW!!!



Petaluma Educational Foundation's
alphabet soup
THRIFT STORES
VOLUNTEERS NEEDED!

OPEN

Interested in joining us?

When you volunteer with us you are supporting the mission of the Petaluma Educational Foundation.

Call us at 707-775-0688 or send us an email at maria@pefinfo.com
Looking forward to hearing from you!

ALPHABETSOUPSTORES.COM
203 & 217 WESTERN AVENUE
DOWNTOWN PETALUMA

WE NEED YOUR TIME & TALENT AS AN ALPHABET SOUP STORE VOLUNTEER TO:

- work the register
- process inventory
- support store projects
- provide customer service



Do you like meeting new people, and are interested in helping your neighbors? Join our iRIDE Petaluma volunteer driver Transportation program. By volunteering you will drive members in our community who are no longer able to drive to much needed appointments, the store, or social engagements; all vital in keeping our seniors healthy, involved and able to age in-place. Please call (707) 765-8488 find out more about joining our team of volunteers.



YOU ARE NOT ALONE VOLUNTEERS NEEDED

During this time of uncertainty Petaluma People Services Center is looking for volunteers to make daily phone calls to Sonoma County Seniors or our friends with compromised immune systems.

TO SIGN UP AS A VOLUNTEER OR LEARN MORE ABOUT THE PROGRAM VISIT OUR WEBSITE: WWW.PETALUMAPEOPLE.ORG OR EMAIL US AT NotALone@PETALUMAPEOPLE.ORG

Volunteers will be assigned a specific senior to contact daily and will be updated with current information on the Coronavirus and other topics to simulate conversation. Phone calls will last 10-30 minutes.

YOU ARE NOT ALONE

is a program from Petaluma People Services Center

Questions: 707-765-8488



JOIN THE WINTER WILDLIFE DOCENT PROGRAM AT POINT REYES NATIONAL SEASHORE

HELP TEACH ABOUT AND PROTECT THE PARK'S UNIQUE MARINE WILDLIFE
FLEXIBLE TIME COMMITMENT AND TRAINING PROVIDED



FIND US ON VOLUNTEER.GOV OR CONTACT
MATTHEW_ENDERLE@NPS.GOV
FOR MORE INFORMATION

May Traditions around the World

May is Asian American & Pacific Island (AAPI) Heritage Month and Jewish American Heritage Month!



Some ways to celebrate these cultural heritages include:

- enjoying AAPI or Jewish cuisine, watching movies or shows with AAPI and/or Jewish actors and directors.
- exploring some AAPI or Jewish Art ex. Asian Art Museum of San Francisco or the Contemporary Jewish Museum (SF)

AAPI Heritages include Afghani, Armenian, Azerbaijani, Georgians, Kazakh, Kyrgyz, Mongolian, Tajik, Turkmen, Uzbek, Chinese, Japanese, Korean, Okinawan, Taiwanese, Tibetan, Hawai'i, Carolinian, Chamorro, Chuukese, Fijian, Guamanian, Hawaiian, Kosraean, Marshallese, Native Hawaiian, Niuean, Palauan, Papua New Guinean, Pohnpei an, Samoan, Tokelauan, Tongan, Yapese. Bruneian, Burmese, Cambodian, Filipino, Hmong, Indonesian, Laotian, Malaysian, Mien, Singaporean, Timorese, Thai, Vietnamese, Bangladeshi, Bhutanese, Indian, Maldivians, Nepali, Pakistani, Sri Lankan, Bahrain, Iranian, Iraqi, Israeli, Jordanians, Kuwaiti, Lebanese, Omani, Palestinians, Qatari, Saudi Arabian, Syrian, Turkish (straddles Europe and Asia), Emiratis, and Yemeni.

May 1st – Beltane – Ireland, Scotland, Wales, the Isle of Man, & Brittany



In Gaelic the holiday Beltane translates to “Bright Fire” and celebrates the Sun god and warmer seasons arrival. Traditions include bonfires, may poles, decorating with yellow flowers and making offerings of food and drink for the fairies (to prevent them from causing mischief).

May 5th – Kodomo-no-hi (Children's Day) – Japan



In 1948, the Japanese government retitled Boy's Day to Children's Day to lift spirits after the WWII. This national holiday is a time to wish good fortune, advancement, and health to all children, who are encouraged to thank and respect their elders reciprocally. It is tradition to hang up fish shaped windsocks to drive away bad spirits, take a bath infused with iris leaves(syobuyu), and enjoy Kashiwa Mochi – sticky rice cake with red bean jam inside.

May Traditions around the World

May 5th – Cinco de Mayo – United States



Also known as the Battle of Puebla Day - it recognizes the strength of the Mexican people during that battle. Cinco De Mayo has evolved into a celebration of Mexican- American culture and heritage. Revelers enjoy this holiday with parades, parties, mariachi music, folk dancing, and traditional foods and drinks like tacos and margaritas.

May 6th – Kentucky Derby - United States



Since 1875, the Kentucky Derby Horse Races have taken place at the Churchill Downs Racetrack in Louisville, KY. Each year over 150,000 attendees enjoy this prestigious sporting event. Traditions include drinking mint juleps and women wear large ornate hats (it is believed that the bigger and more overelaborate the hat, the better your luck in betting). This race is also called the “Run for the Roses” because the winning horse is presented with a green blanket covered in hundreds of red roses.

May 14th – Mother’s Day – Worldwide (dates vary, but the intention is the same)

In 1914, the United States began to recognize this National holiday, but spring festivals to honor mothers were held by the ancient Greeks and Romans. In the United States the Mother’s Day concept originated as “**Mother’s Peace Day**” – an anti-war movement that promoted women across the globe coming together to spread unity after the wake of suffering left by the civil War in the U.S. and Franco Prussian War in Europe. This concept was overtaken by the Mother’s Day traditions of current times: presenting mothers and other nurturing women (grandmothers, aunts, godmothers, dog moms, sisters, etc.) with gifts, flowers, and cards and doing acts of service like cooking meals, breakfast in bed, chores. This year make room for both concepts by doing what you can to promote peace and harmony with your family, friends, and community AND enjoy giving or receiving homage this holiday!



IMPORTANT NUMBERS

AARP Driver Safety Program.....1-888-687-2277
Adult Protective Services (707) 565-5940
Redwood Empire Food Bank Distribution..(707)-523-7900
HICAP (*Health Insurance Aide*).....800-434-0222
iRIDE (*Volunteer Drivers*).....(707) 765-8488
Share Sonoma County (*Housing*).....(707)765-8488 Ex. 115
Lucchesi Community Center.....(707)778-4380
Mary Issac Center (*Homeless Shelter*)(707)776-4777
Para Transit Petaluma (*Transportation*)...(707)778-4460
PEP (*Sr. low cost housing*).....(707)762-2336
Petaluma Library.....(707)763-9801
Petaluma Transit (*Bus*).....(707)778-4460
Petaluma People Services Center/Café
(*& Meals on Wheels, You are not Alone*)..(707)765-8488
Petaluma Fire (Dispatch).....(707)778-4390
Petaluma Police (Dispatch)(707)778-4332
Petaluma Senior Center(707)778-4399
RSVP (*Volunteer Resource*)(707)573-3399 Ext 117
Senior Adult Day Program.....(707)765-8490
Sonoma County Agency on Aging.....(707)565-5950
Sonoma County Council on Aging.....(707)525-0143
(*Social, Fiduciary, and Nutritional Service Resources*)
Veteran's Service Office(707)565-5960



Council on Aging

(707) 525-0143

councilonaging.com

Services available by phone:

Case Management: phone for new clients; check-ins for existing clients **Mental Health Services**

Elder Advocacy at the Family Justice Center

Senior Care Coordination – Home visits limited to emergencies only

Adult Day Programs are closed

AREA AGENCY ON AGING RESOURCES



COVID-19

Older adults, family members and caregivers can find support and services for ages 60+.

**Information
& Assistance**

(707) 565-INFO



(707) 565-4636

Call to talk with a social worker trained to help you navigate the unique needs, life changes and challenges of aging.

(707)565-4636 or you can email us at 565INFO@schsd.org.

SonomaCounty.ca.gov/Human-Services-Department



Free one-on-one Genealogy Research Support

Wednesdays and Fridays
1 PM – 3 PM

Our experienced volunteers can help you with your ancestor
brickwalls, your family tree or pedigree chart,
or any other in-depth genealogy question.

No appointments required

In person at the Sonoma County History & Genealogy Library,
725 3rd Street, Santa Rosa, CA 95404



SONOMA COUNTY HISTORY & GENEALOGY LIBRARY
725 3rd Street, Santa Rosa | (707) 308-3212
sonomalibrary.org
Brought to you by the Measure Y sales tax

Groceries to Go/ Senior Basket

Redwood Empire Food Bank's fresh produce, bread, and
donated shelf-stable groceries in addition to an offering of
government commodities for low-income seniors (60+) or
their caregivers at no cost.

Groceries To Go: USDA food is open to all.

Senior Basket: Box of staple food items for low-income seniors 60 or
older. Please bring an ID to apply on-site.

First & Third Friday of the month
8:00am - 9:00am

Petaluma Senior Center Parking Lot 211 Novak Drive

DRIVE-THRU ONLY SERVICE

Please Bring ID to site

For more information contact the Redwood Empire Food Bank (707) 523 – 7903.



2-1-1

COMMUNITY PARTNER OFFICE HOURS

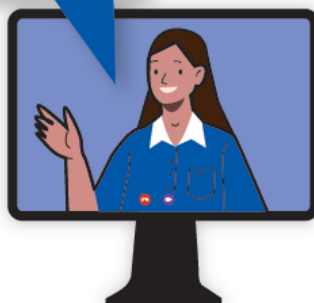
Get Connected. Get Help.™

DID YOU KNOW 2-1-1 CONNECTED
WITH NEARLY **65,000** PEOPLE IN
SONOMA AND MENDOCINO
COUNTIES LAST YEAR?



Monthly, every 3rd Tuesday
11:00AM - 12:30PM
via Zoom

- CONNECT WITH 2-1-1 & LOCAL
COMMUNITY PARTNERS
- LEARN MORE ABOUT 2-1-1
- ENSURE 2-1-1 HAS YOUR
ORGANIZATION'S MOST ACCURATE INFO



*Let's make sure everyone
who interacts with 2-1-1 is
given the most accurate
resources and information.
We're excited to connected
with you!*



Register Here

or contact:

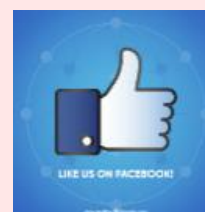
Yesenia Gaytan, 2-1-1 Director

Yesenia.Gaytan@unitedwaywinecountry.org

Want to see what's
happening at
Petaluma Parks &
Recreation and the
Petaluma Senior
Center?

Like us on our
Facebook Page!

[https://www.facebook.c
om/PetalumaParksand
Rec/](https://www.facebook.com/PetalumaParksandRec/)



ACROSS

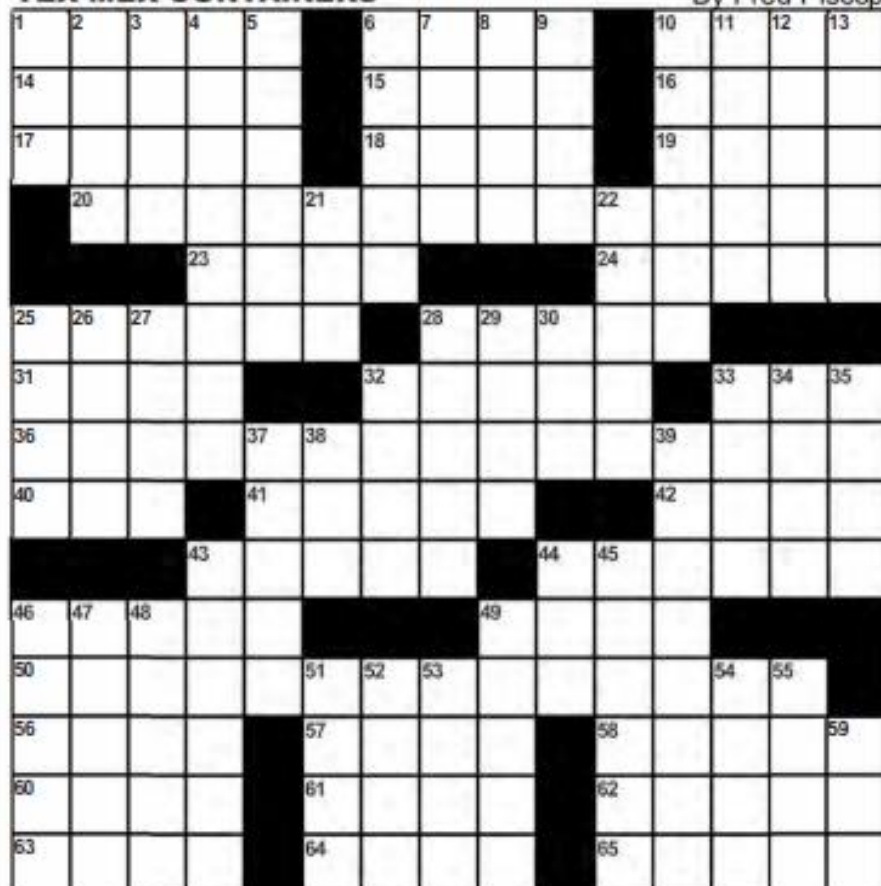
- | | |
|---|----------------------------------|
| 1) Hindu wise man | 40) Futbol fan's cheer |
| 6) Jerseys, e.g. | 41) Partners of hills |
| 10) Lad's partner | 42) Like unassisted triple plays |
| 14) Dress designer Donna | 43) Malta money |
| 15) Cookie since 1912 | 44) Chris Kyle, notably |
| 16) Camp Swampy pooch | 46) Place to cyber-shop |
| 17) Hard to combine | 49) In vogue |
| 18) Don't raise | 50) South American capital |
| 19) Curling implement | 56) TV serial, perhaps |
| 20) Researcher's task | 57) Basalt source |
| 23) Its product names may contain umlauts | 58) Cookie trayful |
| 24) Intoxicating, as a brew | 60) Russian-born Deco designer |
| 25) Orville Redenbacher's unit | 61) Word of agreement |
| 28) Less hampered | 62) Wed, say |
| 31) Skin lotion additive | 63) Basic requirement |
| 32) Holey utensil | 64) Karaoke delivery |
| 33) Easily fooled sort | 65) Smart-alecky |
| 36) Allied summit of February 1945 | |

DOWN

- 1) Snowmobile part
- 2) Harry Potter accessory
- 3) Part of BART
- 4) Taskmaster
- 5) What's consumed
- 6) Apres-ski treat
- 7) Paperless, in a way
- 8) Drawing place
- 9) __ amandine
- 10) Hang around
- 11) Skylit areas
- 12) Awaited the anthem
- 13) The hotheaded Corleone
- 21) Animated film unit
- 22) Pep rally sound
- 25) Fight ender, informally
- 26) Carrier whose name means "skyward"
- 27) Thespian's resume item
- 28) Kangaroo court penalties
- 29) Sports officials, briefly
- 30) Poetic time
- 32) Like some home runs
- 33) Start of a grid play
- 34) Ranch unit
- 35) Use a spyglass
- 37) Imago, in the insect world
- 38) Caboose, for one
- 39) "Hulk" star
- 43) Split to 62-Across
- 44) HBO alternative
- 45) Rain cloud
- 46) Clampett player
- 47) "Sicko" director
- 48) Shooting marble
- 49) Trolley sound
- 51) "A pity!"
- 52) 44-Across garb, for short
- 53) Place to use a mitt
- 54) Answer to "That so?"
- 55) Performs a 27-Down
- 59) "You there!"

TEX-MEX CONTAINERS

By Fred Piscop



Microwave Enchilada Stack Casserole for 2



Ingredients

- ½ pound ground beef
- ½ cup chopped onion
- 1 garlic clove, minced.
- ½ can of enchilada sauce (red or green) (8 ounce)
- 1/8 cup water
- 1 teaspoon chili powder
- ¼ teaspoon black pepper (optional ¼ tsp. cumin, paprika, ground coriander)
- 4 corn tortillas (6 inches)
- 1 cup shredded cheddar cheese (or try Swiss or Jack cheese)

Optional Topping Ideas: Sautéed veggies like zucchini or mushrooms, avocado slices, diced green onions, diced jalapeños, sour cream, fresh salsa.

Directions

1. In an ungreased 2-qt. microwave-safe dish, combine the beef, onion, and garlic. Cover and cook on high for 3-4 minutes or until meat is no longer pink, stirring once; drain. Stir in tomato sauce, water, chili powder, and spices. Cover and cook on high for 6 minutes, stirring once.

In a greased 1-1/2-qt. microwave safe round dish, layer one tortilla, ¼ of the meat sauce and ¼ of the cheese. Repeat layers three times. Heat, uncovered, on high for 45 seconds or until the cheese is melted. Check for doneness by pressing a butterknife through – it's done when you don't feel tortilla layers. To cook more heat in 45 second intervals. Add any additional toppings and enjoy!

This dish can also be made without a microwave. Brown the beef and spices and then add the enchilada sauce. Layer and bake in the oven at 350 degrees for 30 – 40 minutes. It is done when you can stick a knife in it and not feel the tortilla layers as you push through.

MEALS ON WHEELS

Daily deliveries Monday through Friday and frozen meals available for the weekends. May reduce the number of meal deliveries and provide frozen and shelf-stable pack-ups if drivers become unavailable.

Please R.S.V.P. 24 hours in advance for PICK UP

Daily pickup of meals, Monday-Friday, at Petaluma Senior Café (211 Novak Street in Petaluma). Pickup 12:30pm – 1:00pm. Call if you are unable to pick up.

Call Petaluma People Services Center to R.S.V.P or for more info
(707)-765-8488



**PETALUMA PEOPLE
SERVICES CENTER**

YOU ARE NOT ALONE

If you are feeling lonely or anxious during the Coronavirus outbreak, we want to invite you to sign up to receive a daily call from a friendly trained volunteer.

Here is how it works: You will hear from PPSC and we will find out what you love to talk about or what you are interested in and what time of the day it works for you to have a call from a community volunteer, who has been screened by PPSC.

The volunteer will be a cheery voice that you can check in with, talk about the most current information we have on the Coronavirus, will also have some topics to discuss and will be able to connect you to additional services that can be provided to you. If you have a family member, neighbor, or friend who you think might like a daily call please share this information.

Call us at 707-765-8488 or email NotAlone@petalumapeople.org.

Petaluma Senior Café Menu – May 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1. Lemon Chicken Rice Pilaf Mixed Vegetables Green Salad Cinnamon Apples ♦ W. W. Roll	2. Burgundy Beef Brown Rice Confiti Brussel Sprouts Beet Salad Fruit Salad ♦ W. W. Roll	3. Turkey Casserole with Egg Noodles Carrots Green Salad *Orange Wedges ♦ W. W. Roll	4. Italian Pork Ragù w/Polenta Summer Squash Sliced Tomatoes with Basil Apricots ♦ W. W. Roll	5. Baked Fish Roasted Red Potatoes Green Beans Carrot Raisin Salad Boysenberries ♦ W. W. Roll
8. Stuffed Bell Peppers *Broccoli Normandy Green Salad w/ HB Egg *Mandarin Oranges ♦ W. W. Roll	9. Creole Pork Rice California Blend Coleslaw Strawberries ♦ W. W. Roll	10. Caesar Salad with Chicken Macaroni Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Roll	11. Tuna Casserole Capri Vegetables Italian Carrot Salad Blueberries ♦ W. W. Roll	12. Mother Day! Sprint Frittata Rice Pilaf Mixed Vegetables Yams - Green Salad Apricots ♦ W. W. Roll
15. Hungarian Goulash Buttered Noodles *Swiss Chard Green Salad Strawberries ♦ W. W. Roll	16. Chicken Ranchero Brown Rice with Black Beans Capri Vegetables Green Salad Peaches ♦ W. W. Roll	17. Salisbury Steak Mashed Potatoes California Blend Vegetables Cottage Cheese with Tomato Cinnamon Apples ♦ W. W. Roll	18. Macaroni and Cheese Broccoli Normandy Hard Boiled Egg Vegetable Salad Watermelon ♦ W. W. Roll	19. Oven Roasted Turkey Sandwich w/ Cheese Potato Salad Mandarin Oranges with Pineapple, Lettuce, Tomato and Red Onion Carrots with Dip ♦ W. W. Bun
22. Tamales Pie Brown Spanish Rice Cauliflower Green Salad Banana ♦ W. W. Roll	23. Tuna Salad Green Salad Pasta Salad Fresh Fruit Salad Vegetables with Dip ♦ W. W. Bread	24. Pulled Pork Sandwich Red Potatoes Green Beans Coleslaw Pears	25. Roasted Turkey with Gravy Stuffing Peas Beet Salad Apricots ♦ W. W. Roll	26. Spaghetti with Italian Meat Sauce Italian Vegetables Green Salad *Orange ♦ W. W. Roll
29. CLOSED FOR MEMORIAL DAY!	30. Chili Colorado Brown Rice Mixed Vegetables Coleslaw *Orange ♦ W. W. Roll	31. Chinese Chicken Salad Three Bean Salad Fruit Salad Vegetables with Dip ♦ W. W. Bread	<i>Daily</i> 1 cup 1% Milk <i>Bread</i> <i>Butter</i>	*Vitamin C Vitamin A ♦ Fiber Salt



Menu subject to change - Food may have been processed/expired too or contain tree nuts, dairy, eggs, soy or wheat. Las alimentos también pueden haber sido procesados / expuestos o contener nueces de árbol, lácteos, huevos, soja o trigo.

Menu Subject to Change

Senior suggested contribution \$ 3.50 – 8.00
Under 60 please pay \$6.00
Reservations recommended by 3:00 p.m.
the day before. Phone # 765-8488
Please have the exact change. Thank you
No one is refused services due to an
inability to contribute

Contribución Sugerida \$ 3.50 – 8.00
Menores de 60 años por favor pagar \$6.00
Se recomienda hacer reservaciones el día
anterior antes de las 3:00pm. Teléfono: 765-8488
Por favor tenga el cambio exacto. Gracias
No serán rechazadas las personas que no
puedan contribuir con una donación



Weekly Classes

Play

Pool – Everyday 8:30am

Chess – Tuesdays

9:00am – 12:00pm

Scrabble – Tuesdays

10:00am – 12:00pm

Duplicate Bridge – Tuesdays

12:00pm – 4:00pm

Mahjong – Wednesdays

10:00am – 11:30am *Beginner's*

Welcome

Hearts – Wednesdays

11:30am – 1:30pm

Mexican Train Dominos – Wednesdays

2:00pm – 4:00pm

Pinochle – Thursdays

10:00am – 12:00pm

Mind

Current Events Discussion Group –
Tuesdays

12:00pm – 2:00pm

Tops – Wednesdays

(Taking Off Pounds Sensibly)

9:30am – 11:30am

Widows Connect! – Wednesdays

Social Club 2:00pm – 3:00pm

Discussion Group – Thursdays

11:30am – 12:30pm

Listening Bench – Thursdays

Drop-In – 10:00am – 12:00pm

Create

Quilting – Mondays

9:00am – 4:00pm

Writing Group – Mondays

10:00am – 12:00pm

Knitting – Tuesdays

9:00am – 11:30am

Body

PD Connect – Mondays

2:00pm – 3:00pm

Functional Balance – Mondays

3:00pm – 4:00pm

Walking Group – Tue. & Thu.

7:45am SHARP

Fall Proof – Tuesdays

10:00am–11:00am

For unsteady/device assisted

11:00am – 12:00pm

For more steady patrons

Ping Pong

Tuesdays 12:15pm – 1:15pm

Thursdays starting 5/11

2:00pm – 3:00pm

Gentle Yoga

Wednesdays 9:00am – 9:45am

Sit 2B Fit – Thursdays

10:15am – 11:30am

Meditation – Thursdays

12:00pm Intro / 12:30pm – 1:30pm

